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DENTAC, Ft. Hood, TX (254) 287-5336



The winning entry for Ft. Hood DENTAC's 2012 Patient Safety Poster contest, featured above, was created by SGT Williams. The poster was entered in the DENCOM-wide poster competition.

Reaching Out for Children's Dental Health Month

The following is an excerpt from an article published by The Army Times on 14 Feb 2012. To read the full article, visit <http://www.army.mil/article/73800>

As part of Children's Dental Health Month, dental professionals from the Ft. Hood DENTAC staff scheduled visits throughout February to six Fort Hood elementary schools to educate the almost 4,000 children about good nutrition,

proper brushing techniques and why brushing their teeth twice a day and flossing is important for good dental hygiene. The presentations were modified as age-appropriate for grades kindergarten through third. Kathy Woolard, school nurse for Meadows Elementary, said she appreciates the dental staff coming each year to

the school.

"The absolute best way for children to avoid cavities and gum disease is by daily brushing and flossing, along with a healthy diet," said Staff Sgt. April Scales, DENTAC practice manager. "Developing good habits at an early age and scheduling regular dental visits help

(cont'd on pg. 5)

COMMANDER'S CORNER

by COL Johnette Shelley
Commander, Ft. Hood
DENTAC

This is me, yours truly 36 years ago...when I enlisted in the Women's Army Corps. Yes, I had bad hair even back then.

We are celebrating the 101st anniversary of the Dental Corps on 11 May.

Many of our traditions have fallen by the wayside. Dining outs and Change of Command ceremonies are one of the few functions that remain pretty much the same as they were even when I was an E4. I hope you will bring your spouse or significant other to witness

the tradition of the Dining Out. Our Committee has put a lot of work into making sure it is inspirational.

Also, I have sent copies of the 100 Years of US Army Dentistry to our clinic NCOICs to put in the break rooms. If you get a chance read the magazine....there are some interesting articles in it. This picture is not in it, fortunately. There are many pioneers in this DENTAC or retired in the local area who were pioneers in the Dental Corps. Many of those pioneers were/are civilian employees as well as military. If you have an

old picture which reflects either military or Dental Corps past history with you in it, please scan it and/or forward it to the Commander, Ms. Stringfellow, or CPT Asare and share your story.

We need to share our history or we will lose it.



COL Shelley as an enlisted soldier in the Women's Army Corps.



Top leads a lively auction during Commander's Call to raise funds for the DENTAC Dining Out.

Focus on Dental Hygiene

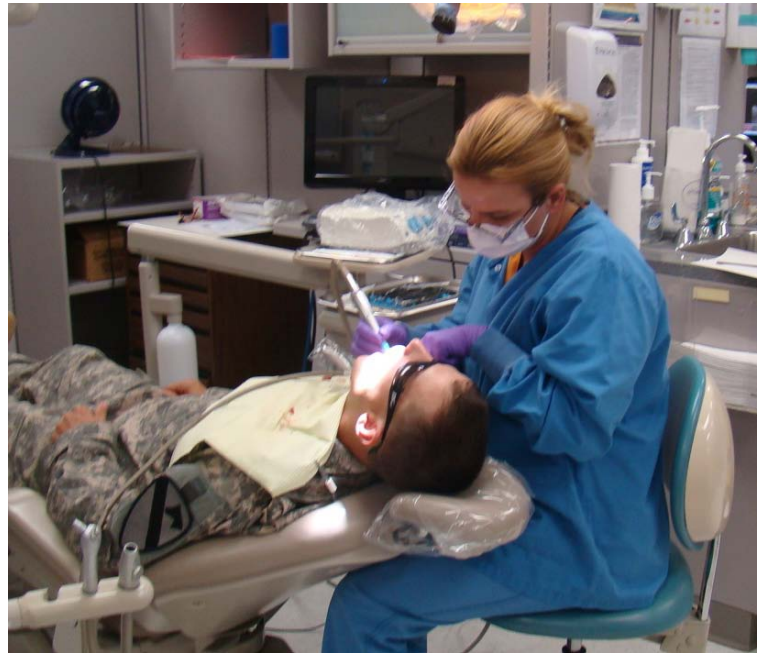
By CPT Abena Asare

As we all know, dental health begins and ends with oral hygiene. To that end, one of the most important members of the dental team are arguably our dental hygienists, EFDA's and X2's, who spend countless hours helping patients to achieve optimal oral hygiene through guidance, instruction, re-assessment of oral health, and physical cleaning of the teeth. A prophylaxis is more than just a cleaning; it is an opportunity for our patients to learn more about their mouths, how we are here to help them to achieve optimal oral health, and what they can do on their own to help the process.

Ms. Slatton, a Registered Dental Hygienist at Dental Clinic #3, explains that oral hygiene instructions can be effective if hygienists take the time to discuss and demonstrate hygiene methods in a way that patients can relate to. Ms. Slatton explains, "you can sit there and tell people all day long that they need to brush and floss, but unless you take the time to show them how to do it, it doesn't make much of a difference." Taking the time to discuss hygiene with patients and allowing them to talk with us is critical to improving self care; we often give patients so many instructions, but don't always take the time to listen and find out what regimen and hygiene

methods will work best for them.

Most Soldiers are treatment planned for annual dental prophylaxis visits, but may require more frequent prophylaxis or scaling and root planning visits based on periodontal needs. Standard prophylaxis visits include oral hygiene instructions, supragingival scaling, coronal polishing and fluoride rinse or varnish. Soldiers with subgingival calculus and/or periodontal disease may require more extensive treatment to include scaling and root planning as well as periodontal re-eval.



Ms. Lanier, an EFDA, performs a prophylaxis on a patient at Dental Clinic #3.

Sergeant Loudvive Enguillado uses a wide-mouthed horse puppet and over-sized toothbrush to show Meadows Elementary school students the proper up and down, side-to-side technique for brushing. As part of Children's Dental Health Month, dental professionals from the Fort Hood U.S. Army Dental Activity plan to educate almost 4,000 elementary school students on proper oral hygiene. (U.S. Army photo by Patricia Deal, CRDAMC Public Affairs)



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**See the
following clinic
representatives
to purchase
Dining Out
tickets:**

BJDC, 1st Fl – SPC Sanders
BJDC 2nd Fl – Ms. Weiss
Copeland DC – SGT Childs
DC #2 – SPC Lyons
DC #3 – SPC Salazar
FBDC – SPC Stowers
Perkins – Ms. Smith
SRP – SGT Juarez

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DENTAC Dining Out

Ft. Hood Dentac Dining Out is scheduled for **Friday May 11, 2012**. **All military are expected to attend** (*military dress attire is required*), and civilian staff are encouraged to attend. Spouses are welcome and childcare will be available!

Deadline to purchase tickets is **Wednesday May 1, 2012**. Be sure to purchase tickets as early as possible!

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Hails ...

SPC SPIKES, CARL
SPC BACANI, FRANCISCO A.
SGT FABELA, JESUS
SPC STOWERS, KYLE
SSG WARE, PAULETTE L.
PV1 CRENSHAW, MONTORY
MAJ TUCKER, MELISSA F.
CPT KWATENG, KWAME O.
CPT CHI, HYUNSEOK C.
CPT ASURZA, HUGO R.
SGT DAVIS, AKEIKO
SGT DAVIS, DAVID
COL MCCLARY, MARK

Farewells ...

SSG LIVINGSTON, SHARONDA going to Ft. Lewis
SSG SNEAD, KAMESHA going to Alaska
SPC DUNN, BILLY E. going to ETS
SFC MAAG, MICHAEL going to Retire
SSG ARREDONDO, JUSTIN going to Ft. Richardson
SSG PATMAN, TRAZARRA going to Ft. Sam Houston
SFC SILVIA, ERIKA going to Retire
CPT HAWKINS, DIANE going to ETS
CPT HAWKINS, JERAMIAH going to ETS
MAJ MICHEL, JASON going to ETS
CPT NISTAR, SHAHNAZ going to ETS
COL RONGEY, WALTER going to Retire
COL LUTKA, ROBERT going to Retire
COL TORRES, CRAIG going to Retire
LTC TORRES, GLORIA going to Retire
LTC POZO-ALONSO, MANUEL going to Belgium
MAJ SELDERS, ROBERT going to Ft. Rucker
CPT WILSON, KYLE going to Lexington, KY
CPT DECARDONA, Eduardo going to Ft. Gordon
CPT JUSINO, PEREZ M. A. going to Ft. Gordon

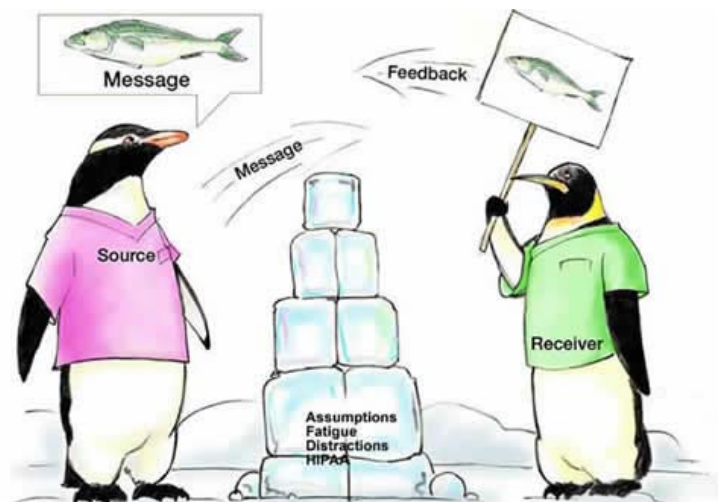
*Best wishes
to all of our
outgoing Unit
members!*

Children's Dental Health Month, cont'd

(cont'd from pg. 1)

children get a good start on a lifetime of healthy teeth and gums. By making it fun for the children to learn, we hope to drive the point home." Specialists Julie Green and Angela Russell, who dressed as a tooth and tube of toothpaste respectively, engaged the children in learning about flossing. "It was just a fun way to help them remember that brushing alone won't be enough to

remove all the 'sugar bugs' between your teeth," said Green. "By making learning fun, your message gets across to them—all these guys will remember how the 'C' method when flossing is the best for removing those 'sugar bugs.'"



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Kudos to ... CPT Gage, SSG Scales, SGT Enguillado, SPC Sanchez, SPC Green and SPC Russel!

Children's Dental Health Month was a great success this year, thanks to the work of these and other Ft. Hood DENTAC Soldiers. Congrats to all who participated in putting together a wonderful event for Ft. Hood children, and thank you for your excellent service!!



Fort Hood Dental Activity technicians, Spc. Julie Green (tooth) and Spc. Angela Russell (tube of toothpaste), show third-graders at Meadows Elementary School how brushing is important to remove all the 'sugar bugs' between teeth. (U.S. Army photo by Patricia Deal, CRDAMC Public Affairs)

Do you have any great stories, ideas or quotes to include in the newsletter?

We welcome your contributions! Please send stories, photos or any other news and information you would like to share with the DENTAC Unit to the newsletter coordinator, CPT Abena

Asare, via Outlook email on the AMEDD Exchange server.

DentACTION!! is a quarterly publication; the next edition will be published in July 2012.

All submissions are due 15 days before the next publication date.

Remember to get your information in early to avoid being cut-off before the deadline!

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